

MOVE!

F.I.T.T. - Frequency, Intensity, Time, and Type of Activity

Frequency

How often you are active



- Be active everyday for health.
- Exercise for fitness 3 – 5 days per week.
- Increase slowly.



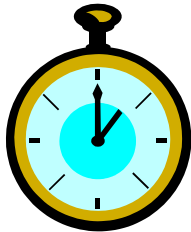
Intensity

How hard your heart and muscles are working while being active or exercising

- Activity levels should be a moderate intensity similar to a brisk walk.
- Breathe at a rate that allows for talking.
- Slow down if you have trouble breathing or feel you can't catch your breath slow down.

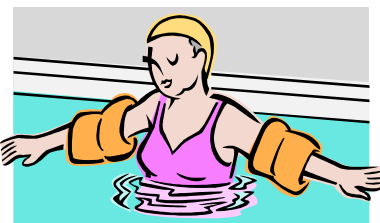
Time

How long you are active



- Stay active for at least **10 minutes** without stopping if you can.
- Slowly increase to 20 – 60 minutes per activity session.
- Set an activity goal for the week based on total minutes of activity or exercise.
- Aim for at least 30 minutes of activity throughout the day.

Type of activity



- Do activities that make your heart beat faster - brisk walk, bike, swim, dance.
- Use large muscle groups (such as legs and arms)
- Choose activities that fit your budget.

